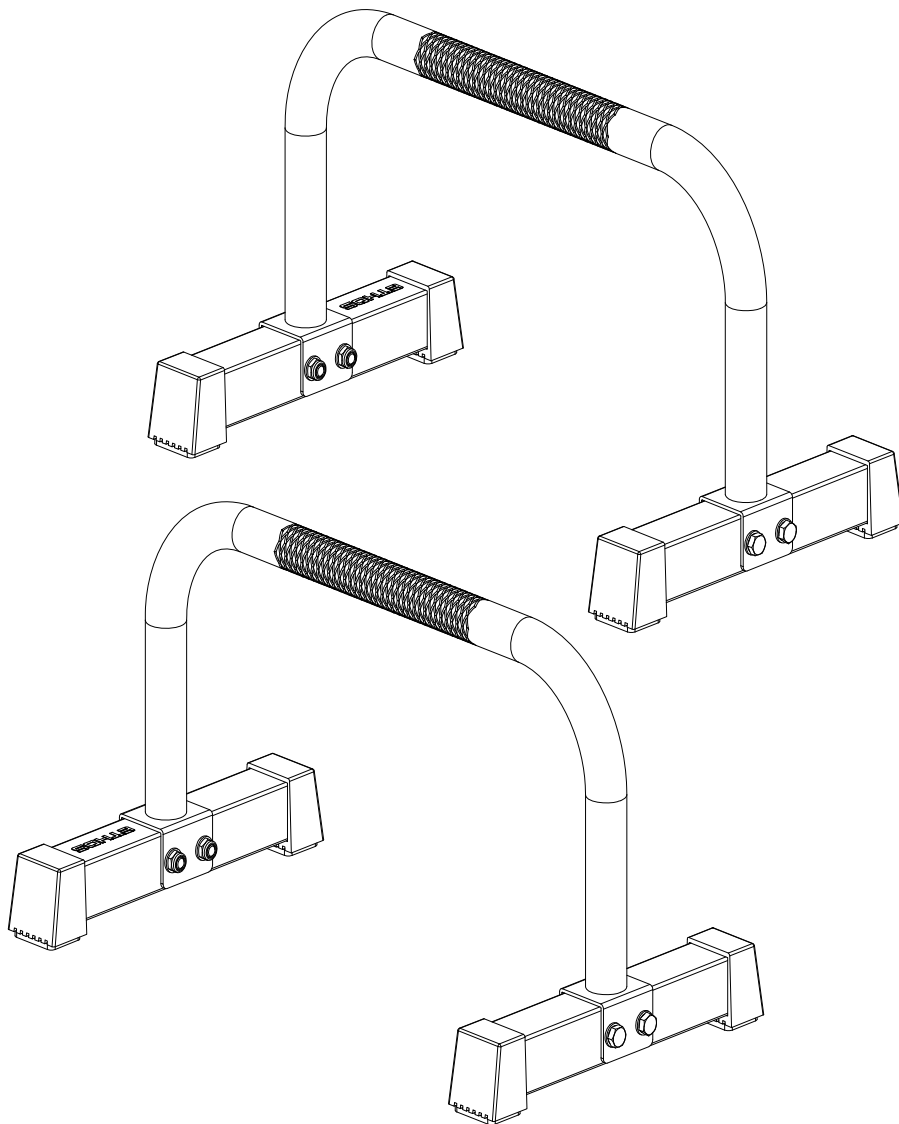


ETHA705

ETHOS PARALLETTE BARS

OWNER'S MANUAL



Tools Require:
17mm Box Wrench

Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

ETHOS

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BEFORE YOU BEGIN

Thank you for selecting the ETHOS Short Parallette Bars. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

Toll-Free Customer Service Number

1-877-846-9997

Mon. – Fri. 9 a.m. – 5 p.m. EST



IMPORTANT SAFETY INFORMATION

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in serious injury or death or damage to equipment.

DO NOT overload or exceed the weight capacity for the Short Parallette Bars.

Maximum weight: 300 lbs

WARNING

1. **CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.**
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive or incorrect use may cause pain or injury.
3. This rack is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Do not leave children and pets unsupervised. Keep children and pets away from the area when in use.
4. ADULTS ONLY should assemble, disassemble, adjust, or move the storage bars.
5. **TIP OVER RISK:** Never climb, stand, or lean on bars.
6. DO NOT use attachments not recommended by the manufacturer.
7. Do not place any sharp objects around the bars.



IMPORTANT! CARE AND MAINTENANCE

1. Inspect regularly for signs of wear or failure and tighten all parts before using the rack. DO NOT over tighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the Short Parallette Bars is making any abnormal sounds that may indicate structural fatigue (e.g. cracking), stop use immediately and have the rack inspected by a professional.
3. **Failure to examine regularly may affect the safety level of the bars.**
4. Periodically Lubricate moving parts with WD-40 or light oil.
5. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
6. **Maximum Weight Capacity:** 300lbs.
7. Assembled Dimension: 25.8" L x 13.8" x 14"H



IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is designed to be used for training, exercise, and physical fitness activities.

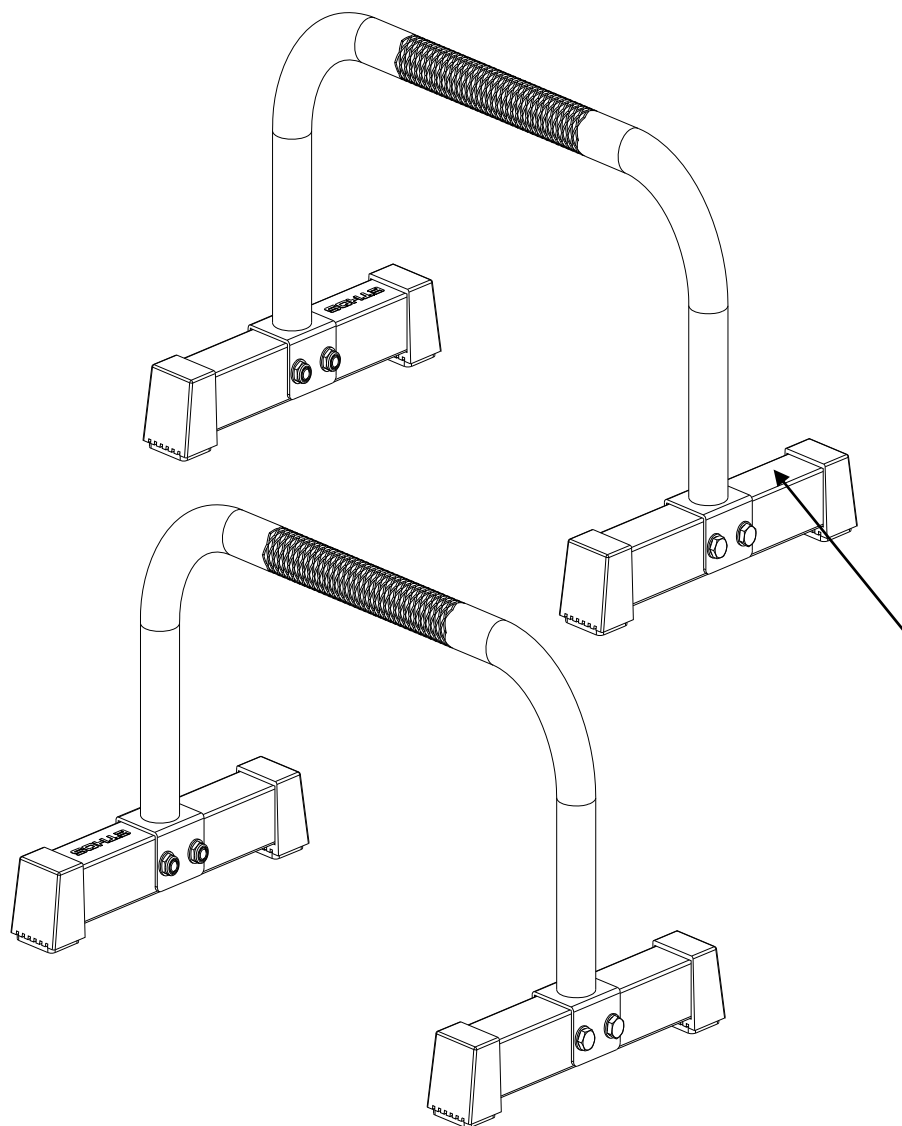
This product is designed and intended for residential and consumer use only, not for commercial use.

This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

WARNING

Consult with your doctor before beginning any exercise program. Read all instructions before using any fitness equipment. Not for use by children under age 14. Inspect for damage before each use.

WARNING LABEL PLACEMENT



⚠ WARNING

DO NOT MISUSE THIS EQUIPMENT

Maximum Weight Capacity: 300 lbs

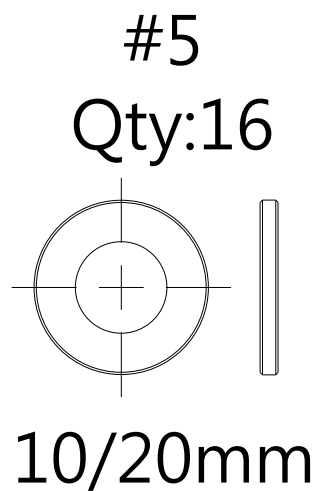
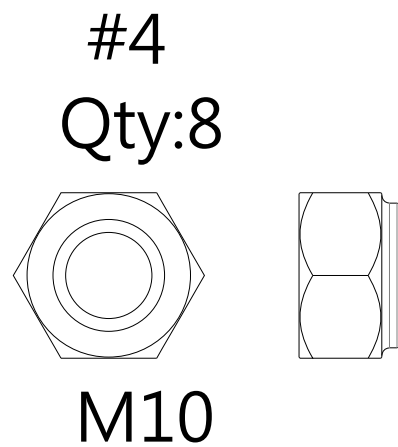
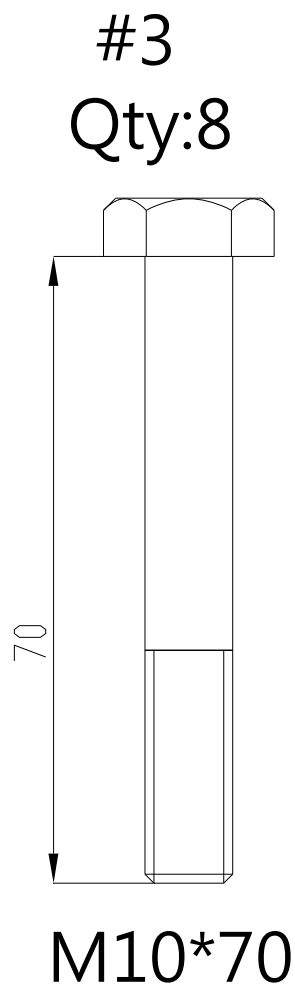
TIP OVER RISK. Never climb, sit, stand or lean on equipment. The possibility of serious injuries or death or both may occur if caution is not used. Before beginning any exercise program, consult your physician. Read user's manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment. Cease exercise if you feel faint or dizzy. Keep body, clothing, and fitness accessories clear of all moving parts. Inspect the equipment before use and do not use if the machine appears damaged or inoperable.

The warning label shown here have been placed on the Rear Base. If the labels are missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

ETHOS SHORT PARALLETTE BARS PARTS LIST

Part #	Description	Qty	Remark
1	U Support	2	
2	Base Tube	4	
3	Hex Head Bolt	8	
4	Nut	8	
5	Washer	16	
6	Foot Cap	8	Pre-Assembled
7	Rubber Pad	8	Pre-Assembled
8	Self-Tapping Screw	16	Pre-Assembled

HARDWARE PACK



ASSEMBLY INSTRUCTIONS

⚠ WARNING

Ensure locking nuts are installed properly prior to use of this equipment. Failure to install locking nuts may lead to equipment damage or failure.

- A flat area of 5' x 5' will be required to properly assemble the Parallette Bars.
- The following tools will be required to complete the assembly:
 - 17 mm Box wrench

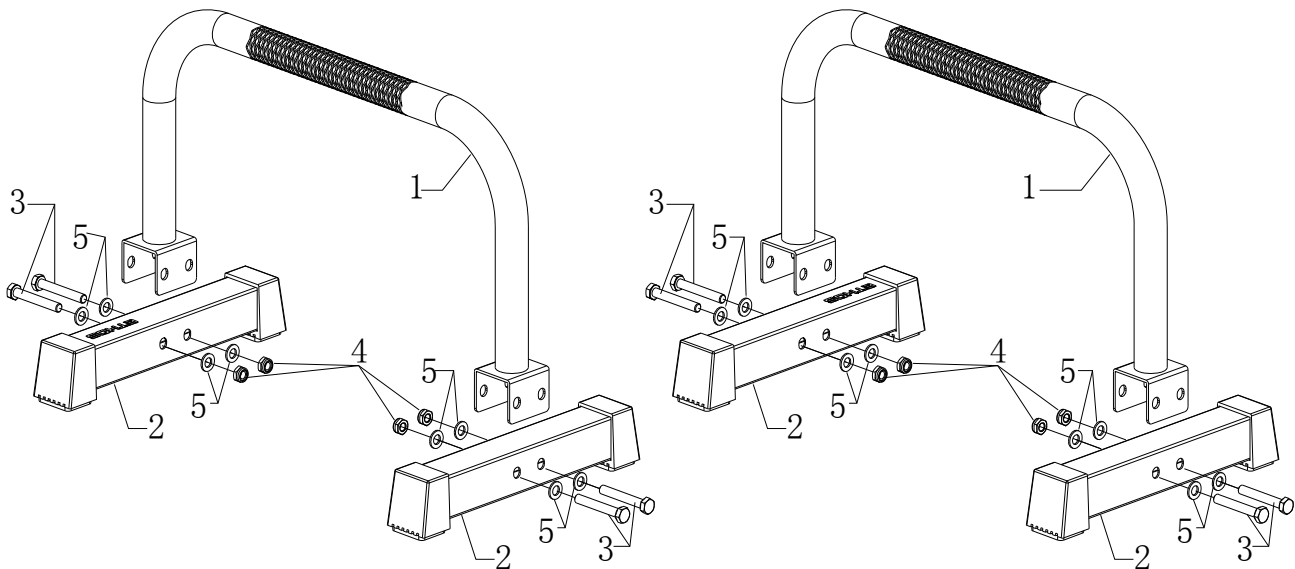
⚠ WARNING

Please refer to the illustration to ensure that all parts are oriented correctly. **HAND TIGHTEN ALL BOLTS INITIALLY UNTIL THE UNIT IS COMPLETELY ASSEMBLED.** Check all hardware by placing them against the real size drawing on the "Hardware Pack".

ASSEMBLY STEP: (See Diagram 1)

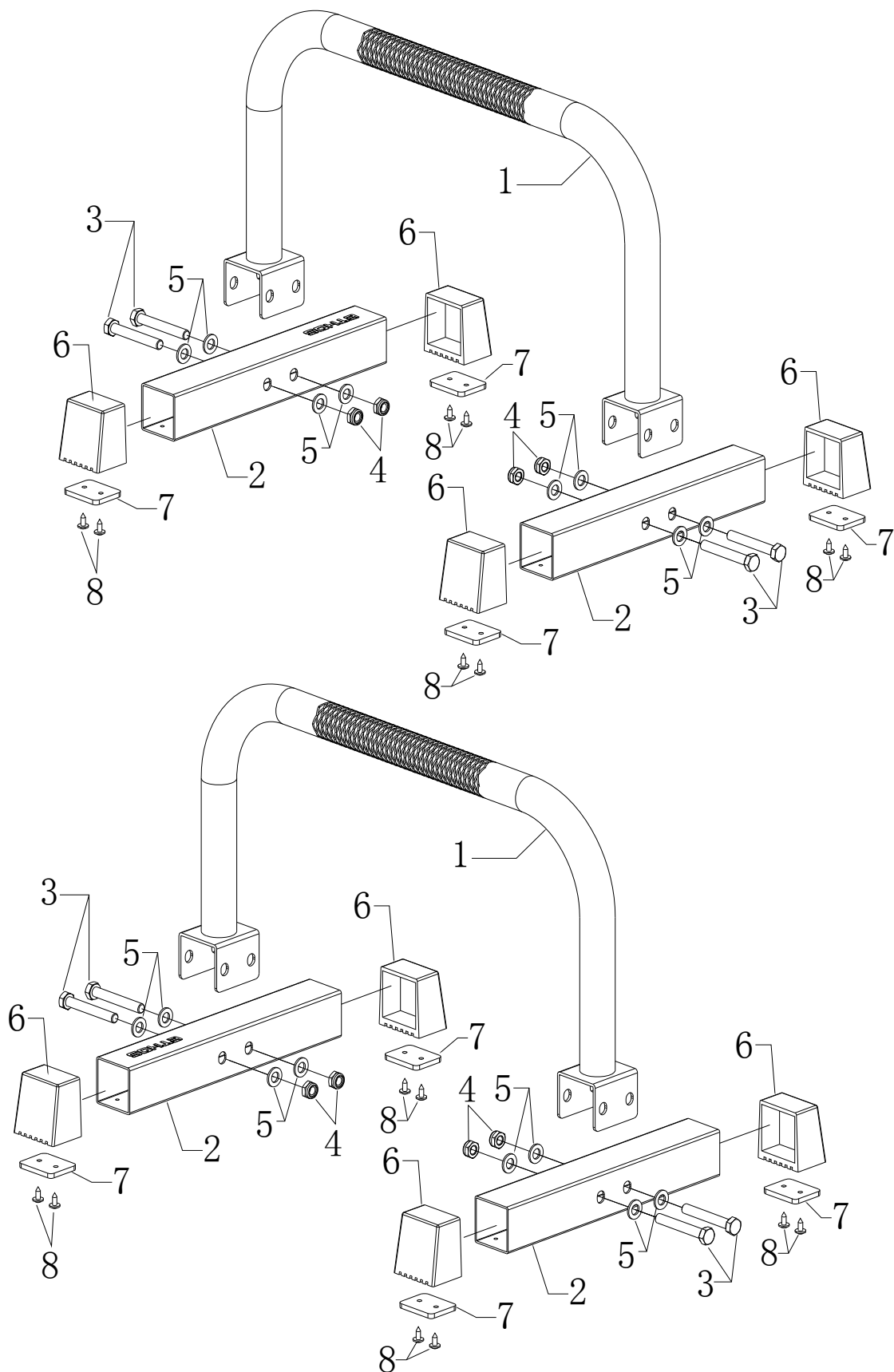
- Attach the left U support (1) to two left Base Tubes (2) using four Hex Head Bolts (3), four Nuts (4) and eight Washers (5).
- Repeat the step a) to another side.

Check against the illustration and make sure all the parts are securely installed and tightened. DO NOT over-tighten.



Check against the illustration and make sure all the parts are securely installed and tightened. DO NOT over-tighten.

EXPLODED DIAGRAM



DICK'S LIMITED WARRANTY

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

Who is Covered?

This limited warranty ("Limited Warranty") covers only the person who first purchased the product. This Limited Warranty expires at the time of transfer and is not transferable to anyone else. Proof of purchase is required to make a warranty claim.

What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

How to Make a Warranty Claim

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

What DICK'S Will Do to Correct the Problem

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Appendix 1

PRODUCT CATEGORY	WARRANTY TERMS	LIMITATIONS
GYM UNITS	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BARS	Limited Lifetime*	Warranted for indoor use only
KETTLEBELLS/DUMBBELLS/WEIGHT PLATES	Limited Lifetime*	-
WEIGHT STORAGE	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BENCHES	Frames/Welds: Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
CARDIO (Bike, Rower)	Frame/Welds: 5 Year Limited Warranty, Components: 2 Year Limited Warranty	Warranted for indoor use only
ACCESSORIES (Sandbag, Pull-Up Assist, Rig Accessories, Collars, Foam Rollers & Recovery, Plyo Box, Battle Ropes)	Three-Year Limited Warranty	Warranted for indoor use only
SLAM BALLS	Three-Year Limited Warranty	Warranted for indoor use only
WALL BALLS	Three-Year Limited Warranty	Warranted for indoor use only
RINGS/SUSPENDED STRAPS	Three-Year Limited Warranty	Warranted for indoor use only
GLOVES/GRIPS	One-Year Limited Warranty	-
JUMP ROPES	Three-Year Limited Warranty	-
SUPER BANDS	Three-Year Limited Warranty	-
WEIGHTED VESTS	Three-Year Limited Warranty	-
AB MAT	Three-Year Limited Warranty	-

*DICK'S warrants this product from defects in material, functionality and workmanship for the lifetime of the product. "Lifetime" warranty coverage ends when the product becomes unusable for reasons other than defects in material or workmanship. This warranty applies only to the original purchaser for as long as they own the product and is non-transferable.